

Group Fitness Class Schedule

SUN	MON	TUES	WED	THUR	FRI	SAT
<p><u>9:30 - 10:20am</u> Trainer's Choice</p>	<p><u>5:45 - 6:35am</u> S&L - Full</p> <p><u>7:00 - 7:50am</u> Strength in Motion</p> <p><u>8:15- 9:05am</u> S&L - Full</p> <p><u>12:00 - 12:50 pm</u> S & L - Full</p> <p><u>4:30 - 5:20pm</u> S&L - Upper</p> <p><u>5:30 - 6:20pm</u> S&L - Full</p>	<p><u>5:00 - 5:50am</u> S&L - Upper</p> <p><u>6:15 - 7:05am</u> Row & Grow</p> <p><u>8:30 - 9:20am</u> Balance & Build</p> <p><u>5:30 - 6:20pm</u> S&L - Full</p>	<p><u>5:45 - 6:35am</u> Strength in Motion</p> <p><u>7:00 - 7:50am</u> Strength Evolution</p> <p><u>8:15- 9:05am</u> S&L - Full</p> <p><u>12:00 - 12:50 pm</u> Strength in Motion</p> <p><u>4:30 - 5:20pm</u> S&L - Lower</p> <p><u>5:30 - 6:20pm</u> S&L - Full</p>	<p><u>5:00 - 5:50am</u> S&L - Lower</p> <p><u>6:15 - 7:05am</u> S&L - Full</p> <p><u>8:30 - 9:20am</u> Balance & Build</p> <p><u>5:30 - 6:20 pm</u> S&L - Full</p>	<p><u>5:45 - 6:35am</u> S&L - Full</p> <p><u>7:00 - 7:50am</u> S&L - Full</p> <p><u>8:15 - 9:05am</u> Row & Grow</p> <p><u>12:00 - 12:50 pm</u> Trainer's Choice</p> <p><u>4:30 - 5:30pm</u> <i>Fit Club with Susan</i> <i>(2nd Fri every month)</i></p> <p><u>4:30 - 5:40pm</u> <i>Lift & Flow w/Michelle</i> <i>(3rd Fri every month)</i></p> <p><u>4:45 - 5:35 pm</u> Trainer's Choice <i>The occasional Friday</i> <i>(check the schedule)</i></p>	<p><u>7:00 - 8:00am</u> <i>Fit Club with Susan</i> <i>(4th Sat every month)</i></p> <p><u>8:30 - 9:20am</u> Trainer's Choice</p> <p><u>9:30 - 10:20am</u> Trainer's Choice</p>

